

## What to Eat! Before and After Joint Replacement Surgery

<https://vch.eduhealth.ca/en/permalink/phem4192>

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**Description:** Pamphlet providing dietary recommendations before and after arthroscopy

**Topic:** Procedures, Treatments & Tests

**Subject:** Food & Nutrition

Hip Replacement

Knee Replacement

Orthopedic Surgery

Joint Replacement Surgery

**Keywords:** joint replacement

Osteoarthritis

rehabilitation

Prehab

calcium

vitamin D

protein

nutrition

Nutrition Recommendations

nutritional supplement

diets

fibre

eating

Oasis